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# EATING SMART THROUGHOUT THE LIFECYCLE



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

For more information go to  
[www.mypryamid.gov](http://www.mypryamid.gov)



## MyPyramid: Steps to a Healthier You

### EAT SMART. Choose a variety of healthy foods each day.

#### Eat Smart Tips from MyPyramid

- Choose foods with a whole grain listed as the FIRST ingredient.
- Choose a variety of vegetables of all colors, especially dark green & orange.
- Choose fruit without added sugar or syrup.
- Choose low-fat or fat-free milk, yogurt, and cheese.
- Choose lean meat, and eat beans and peas often.

### MOVE MORE. Find your balance between food and physical activity.

#### Move More Tips from MyPyramid

##### For Adults

- Be physically active for at least 30 minutes most days of the week.
- To prevent weight gain, add even more activity to your day.
- Find your balance between food and activity.

##### For Children & Teens

- Be physically active for at least 60 minutes every day or most days.



# BEEF STIR FRY

Makes 6 servings

Serving Size: 2/3 cup over  
1 cup rice

## Ingredients

- 1 pound lean beef cut into thin strips (may use other meats such as pork or chicken)
- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 1 green pepper, cut into strips
- 2 cups fresh or frozen cut vegetables (such as carrots, broccoli, cauliflower)
- 6 cups cooked rice, still hot



## Directions

1. Heat oil in a large frying pan over medium high heat.
2. When oil is hot, add the meat, cook until there is no pink in the meat and the meat is thoroughly brown.
3. Add fresh vegetables and continue to stir until vegetables are tender.
4. Stir sauce mixture (see recipe below). Pour into skillet with stir fry. Cook until sauce bubbles.
5. Spoon stir-fry mixture over cooked rice.

## Stir Fry Sauce

### Ingredients

- 2 tablespoons cornstarch
- 1 1/2 cups cool water
- dash black pepper
- 2 tablespoons low sodium soy sauce

**Directions:** Combine cornstarch and cool water. Stir in remaining ingredients. The cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.

## Nutrition information Per Serving, Beef Stir Fry, rice, and sauce

420 calories

Total Fat

Saturated Fat

Protein

Total Carbohydrate 62 g

Dietary Fiber 2 g

Sodium 230 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Excellent Source of Iron

**Eat Smart**

# PARK AND PLAY

Take your kids to the park and play with them; it will be fun for everyone! What day will you go to the park with your kids this week?



**Move More**